

# Spicy Okra

**Makes:** 10 servings

## Ingredients

- 2 packages** frozen cut okra (10 oz each)
- 1 tablespoon** vegetable oil
- 1** onion (medium, coarsely chopped)
- 1 can** tomatoes (14.5 ounces, diced, unsalted)
- 1** jalapeno pepper (fresh, or habanero chile, pierced 3 times with fork)
- 1/2 teaspoon** salt
- 1/4 teaspoon** black pepper

## Directions

1. Rinse okra in a colander under hot water.
2. Heat oil in a 10-inch heavy skillet over moderately high heat. Saute onion for about 3 minutes.
3. Add tomatoes (including juice) and chile, and boil. Stir the mixture for 8 minutes.
4. Add okra and cook, gently stirring, until okra is tender, about 5 minutes.
5. Stir in salt and pepper and discard the chile.

**Source:** US Department of Health and Human ServicesNational Institutes of HealthNational Heart, Lung and Blood Institute, Heart Healthy Home Cooking: African American Style

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>40</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	0 g
Cholesterol	0 mg
<b>Sodium</b>	<b>125 mg</b>
<b>Total Carbohydrate</b>	<b>6 g</b>
Dietary Fiber	2 g
Total Sugars	3 g
Added Sugars included	N/A
<b>Protein</b>	<b>1 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available